

Black Bart Chili with Beef & Beans

Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 2 cups (16oz) boiling water to ingredients or you may crease / fold pouch at water line 8 then fill to water line 8.
4. Stir completely and cover. Let stand 10-12 minutes.



ALL NATURAL*



GLUTEN FREE



**0g TRANS FAT
PER SERVING**

*Minimally processed, no artificial ingredients

INGREDIENTS: Crushed Pinto Beans, Crushed Black Beans, Cooked Freeze-Dried Diced Beef, Tomato Powder (Tomato), Potato Starch, Chili Powder (Chili Pepper, Cumin, Salt, Oregano, Garlic), Low Sodium Salt (Sodium, Chloride, Potassium), Tomato Flakes, Mixed Red & Green Bell Pepper, Chopped Onion, Garlic Granules, Cumin, Jalapeno Pepper Powder, Basil, Oregano.

Nutrition Facts

Serving Size 3 oz (85g)
Servings Per Container 2

Amount Per Serving

Calories 290 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 750mg **31%**

Total Carbohydrate 42g **14%**

Dietary Fiber 13g **52%**

Sugars 7g

Protein 25g

Vitamin A 80% • Vitamin C 100%

Calcium 8% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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